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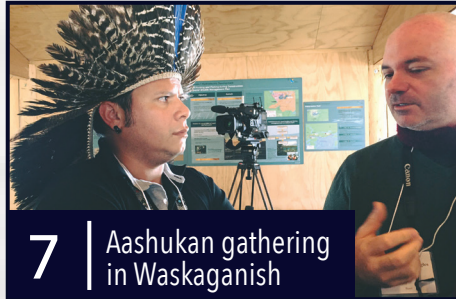


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Photo by
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Beyak gets the boot

by Will Nicholls



Conservative Senator Lynn Beyak's recent, well-publicized remarks on residential schools were disturbing, to say the least. When she told the Senate Standing Committee on Aboriginal Peoples that the Truth and Reconciliation Commission failed to communicate all the good accomplished by the residential schools system, Beyak was a member in good standing. No longer. Interim Conservative Leader Rona Ambrose and the party's Senate Leader, Larry Smith, decided April 5 that her views were too toxic to represent Conservatives on this committee. It was about time.

During a committee meeting last month she shared her view of "the kindly and well-intentioned men and women and their descendants – perhaps some of us here in this chamber – whose remarkable works, good deeds and historical tales in the residential schools go unacknowledged for the most part and are overshadowed by negative reports. Obviously, the negative issues must be addressed, but it is unfortunate that they are sometimes magnified and considered more newsworthy than the abundance of good."

Her remarks drew a lot of fire. Eeyou Istchee's NDP MP Romeo Saganash, a residential school student himself, said Beyak's remarks were like saying "there are some good sides

to what Hitler did to the Jewish community."

Saganash joined the Anglican Church of Canada in calling for Beyak to resign her seat. In an open letter to Beyak the Anglican Church wrote, "There was nothing good about children going missing and no report being filed. There was nothing good about burying children in unmarked graves far from their ancestral homes. It heaped cruelty upon cruelty for the child taken and the parent left behind."

Even Senator Lillian Dyck, the chair of the Senate Standing Committee on Aboriginal Peoples, asked Beyak to step down from the committee. But Beyak refused. In a statement Dyck said, "While I respect the right of all senators to express their own opinions, I am concerned that Senator Beyak's comments may have tarnished the good reputation of the [committee] and that her opinions may negatively impact the future work." She added, "Aboriginal people must be able to feel that they can trust the members of the committee and that we respect them."

The Assembly of First Nations offered to provide information about the residential school system, but Beyak replied she didn't need a history lesson. As well as trying to put a good face on the residential school system, she called the infamous White Paper, which called for wholesale assimilation



while removing all Aboriginal rights as separate nations in Canada, as brilliant and revolutionary.

While I am a firm believer in free speech, Beyak's remarks served to underline the fundamental problem with her as a member of the Senate Standing Committee on Aboriginal Peoples. The committee looks at problems and concerns facing Aboriginal Peoples in Canada. If there was such blind faith in her own opinion and an unwillingness to look at facts and evidence, then there was a problem.

As such I welcomed the news – during the writing of this editorial – that Senator Beyak had at last been removed from the committee. "I have been very clear that I do not in any way support Senator Beyak's comments about residential schools. There is no way to explain her comments," Rona Ambrose said.

A month late, perhaps, but still a good move on the part of the Conservatives.



Sparking an entrepreneurial fire

A two-day expo highlights the success of the Wemindji's Tawich Development Corporation

Photos and Story by Katherine Dehm

Almost three decades ago, the Cree Nation of Wemindji band council founded a corporation that quickly became the economic driver of the community. From gas to groceries, one can hardly step foot in the community without being serviced by Tawich Development Corporation (TDC). Although Tawich regularly reports to shareholders at Wemindji's General Assembly meetings, it became clear over the years that more than a couple of hours were needed to fully showcase this expanding company. So, on March 23-24, the very first Tawich Expo was launched.

Most of the many businesses, entities and partnerships within the TDC were represented at the Expo. There were kiosks for Tawich Construction, Tawich Distribution, Wolf Camp Corporation, Kepa Transport, and

VCC General Contractor, to name a few. Many community members who visited the Expo expressed their surprise at how many businesses are under the Tawich wing. In the past three years alone, TDC started up seven new entities, the most recent being Synee Drilling. Many of their subsidiaries are tied to mining projects, such as Goldcorp's Éléonore Gold Project (also at the Expo).

According to TDC Vice President Danny Tomatuk, these initiatives should be viewed more as springboards rather than end goals. He explained that although Tawich Distribution's Safety Clothing initiative was dependent on mines, their Hunting Clothing venture is not. "Eventually the mines will disappear," said Tomatuk. "We're trying to build Tawich Distribution in a way that we don't depend on [them]."

Although March 23 started out quiet, as the day progressed, it became clear that Wemindji's Community Hall was the place to be. "It's a very positive atmosphere, everyone seems to be enjoying themselves," said Tawich Chief Operations Officer David Bull.

Already having gained a reputation for their generous door prizes and entertainment, the board was hoping to offer their guests something even more valuable at this event. Judy Coon Come, the Interim Executive Secretary, stated that the event committee's main focus for the Expo was providing entrepreneurial opportunities for the youth and for any future potential entrepreneurs in the community. They also wanted to inform the public about the services and products that Tawich provides.



“There is **no way** to explain her comments

- Conservative Leader Rona Ambrose

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"We offer grant and loan programs to anyone within the community to start a business," explained TDC President Tony Gull. To his knowledge, every entrepreneur who ever started a business venture in Wemindji turned to Tawich for support. Not only could community members walk away from this day with full stomachs, a live stand-up Howie Miller experience, and performances by Matthew Iserhoff and Pakesso Mukash, but they could take home the satisfaction of knowing they are

shareholders of a corporation whose successes and goals are directly tied to their community's well-being.

"We need people to run these companies," Tomatuk insisted. When he retires, someone will have to take his place, and he is hoping the younger generation will see that TDC can offer them ample job opportunities without having to leave their community.

"Nobody seems to know or understand where we're going," stated John Mark, one of the original found-

ers of Tawich. Although he had hoped to see more young people show up, Mark agreed that this Expo was a step in the right direction.

When Tommy-Lee Ottereyes, a Secondary 5 student attending Maquatua Eeyou School, wandered into the commotion with his classmates, he was not exactly sure what to expect. "Tawich" was his response when asked if he knew what the Expo was all about.

Although Ottereyes responded that he planned to study business at Algonquin

College, he said that Synee Drilling piqued his interest because of the different types of rock and their various applications in our lives.

Could this Expo be the spark that ignites a new entrepreneurial fire in Wemindji?

Only time will tell, but according to Mark, "There's no better way to learn than to get involved." Although no one could say if the Expo will become an annual event, everyone agreed that it shouldn't be the last.

Could this Expo be the spark that ignites a new **entrepreneurial fire** in Wemindji?



Photo by Celina Wapachee / CBC
International delegation discusses **resource development** at Aashukan gathering in Waskaganish

Around 20 representatives of Indigenous nations from Brazil, Chile, Nigeria, Mongolia, Sweden, New Zealand and other places around the world gathered in Eeyou Istchee last week to discuss economic and resource development on Indigenous lands.

They shared their own personal challenges, experiences and successes and learned how the Cree Nation was able to secure important treaties and play a leading role in the development of the James Bay region while ensuring sustainability and economic benefits.

They were meeting with the International Association for Impact Assessment (IAIA) when CNG legal advisor John Paul Murdoch suggested adding a visit to Waskaganish for a few attendees of the IAIA's international conference addressing climate change in Montreal April 4-7.

According to Cree negotiator Abel Bosum, the visitors came both to share and to learn. A lot of them were impressed with the Cree Nation's track record in opposing unwanted development and negotiating deals with the provincial and federal governments.

Bosum says that while the Niskamoon Corporation has been working with the IAIA for the past five years, John Paul Murdoch was responsible for initiating the meeting that

took place in Waskaganish, dubbed the "Aashukan Indigenous Gathering".

"A lot of the work [the IAIA and Niskamoon] had been doing was scientific, but very little of it was grassroots," Bosum told *the Nation*. "John Paul Murdoch invited them to come to Waskaganish along with the Indigenous groups that were coming to the conference in Montreal. Roughly 25 to 30 people from around the world came to learn and share their views of how impact assessment should be carried out in relation to resource development."

Ijeoma Vincent-Akpu of Nigeria said she attended the conference and visited Waskaganish in an effort to bring back encouragement and advice for the people she works with in the Niger Delta and she's confident she achieved that goal.

"I've learned from the Cree community, how they have worked together to achieve what they have now," she told CBC. "Theirs is a successful story, which I'm going to take back to my community."

"People came to see if there was something they could learn from other groups and, of course, from the Cree," Bosum added. "With our experience in hydroelectric development, mining and forestry, we have already had to deal with all of these issues. It has taken us 40 years to get to where we are today,

from the point where a hydroelectric project was announced without our consent. We had to take it to court and we've had many, many battles along the way."

Bosum cited the numerous deals signed with Canada and Quebec by the Cree Nation Government as proof of just how far the Cree Nation has come and an example of what Indigenous communities can accomplish when they work together and assert their rights over their sovereign territory.

"From the JBNQA to the Paix des Braves to the Governance Agreement with Canada, these agreements are all positioning us to be players in not only assessing the impact and minimizing it, but also seeing some economic benefits," he said.

Asked to sum up his experience of receiving an international delegation on Cree land, Bosum said it opened his eyes to the struggles faced by other First Nations and also brought him back to a time when Crees were still fighting for their own rights.

"It was both educational and nostalgic," he said. "It made me think back to when we were in their situation, where their rights are not being recognized. At the same time there were also people from Australia and New Zealand who are advanced in governance and resource management."

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Chisasibi hosts Rites of Passage cultural week

March 17-25 was a week of cultural celebration in Chisasibi, marked by feasts, ceremonies, storytelling and traditional teachings from Elders to youth. Organized by the Chisasibi Heritage and Cultural Centre and a number of volunteers, Cree Elders taught traditional medicine, cooking and ceremony. They also shared time-tested recipes for ptarmigan, fish, beaver, caribou and moose.

Students from the James Bay Eeyou School made daily visits to the Rites of Passage event, immersing themselves in Cree culture and improving their spoken Cree with guidance from community Elders. Other special events included a traditional fashion show, a girl's first moon ceremony, a first small game feast, first snowshoe walk and caribou hide ceremonies.



Elder Martha Tapiatic Pachano, photo by Celina Wapachee / CBC

Cree Communities ratify constitution

A number of communities in the Cree Nation have officially ratified the Cree Nation Government's proposed constitution and governance agreement, according to CNG executive director Bill Namagoose.

The Chisasibi Council was the first to sign and adopt a band council resolution approving

the Cree Governance Agreement and Cree Constitution, followed by the Wemindji Council, Eastmain Chief and Council, and the members of the Cree Nation of Mistissini. Other communities are expected to pass similar resolutions, but at press time these were the only four whose approval was confirmed.

Melissa Gilpin wins Aboriginal Education Incentive Award

Congratulations to Melissa Gilpin of Waskaganish for taking home one of the two 2016 Aboriginal Education Incentive Awards given to residents of Quebec.

Sponsored by Canada Post, the Aboriginal Education

Incentive Award honours Indigenous students who have taken the initiative to return to school or pursue new educational studies after taking more than a year off. Each winner is awarded \$1000 for their efforts.

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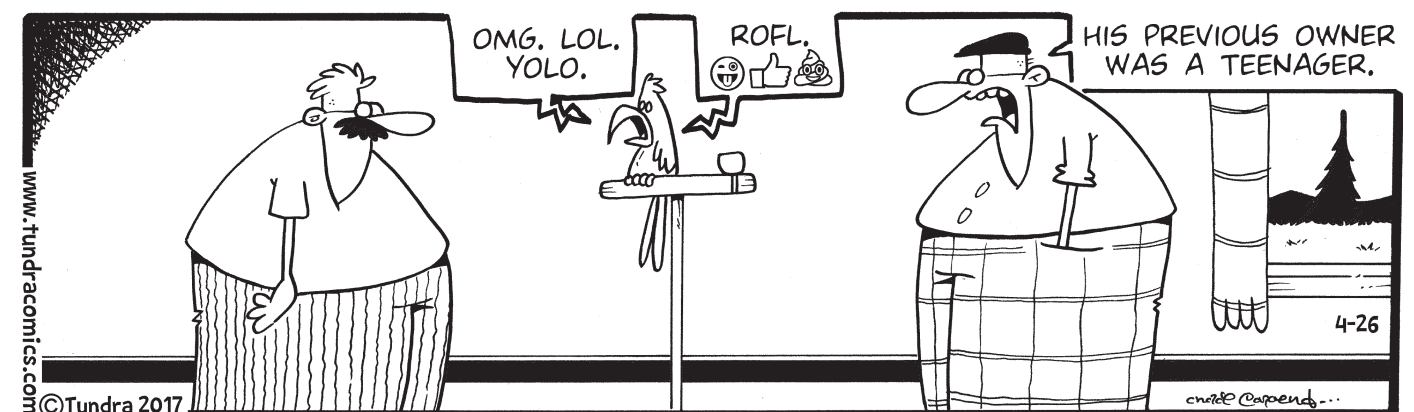
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THE FINISH LINE

Cree Walk of Hope hits roadblock but fulfills mission

by Dan Isaac | Photos by Ian Diamond & Brendan Forward

There was a moment where Tony Blackned found himself isolated on the path during the Wahstauskun Journey of Hope.

“I looked ahead and saw the walkers in front were quite a bit ahead, and I looked behind and saw more walkers crossing a big lake at least four kilometres back but I heard footsteps,” said an emotional Blackned. “I was alone but I could feel someone was walking beside me, and all of a sudden I felt this joyfulness come over me, and I started smiling.”

The Journey of Hope came to an abrupt end in Waswanipi April 3. In the end it wasn’t health concerns or uncooperative weather, it was a permit that stopped them. “You can’t just walk on the highway with a big group of people – you need a permit or else you get fined and ticketed,” said Blackned. “Grand Chief Coon Come tried to help



“I’m proud of all the walkers
and people who supported us
and what we accomplished together”

with the SQ but we weren’t able to get the permits in time.”

But even though the journey was stopped short of its original finish line in Ottawa, Blackned says the walkers still accomplished their goal. At the end of the journey, he had 32 walkers with him, and he had snowshoed well over 1000 km while making stops in all nine Cree communities to raise awareness for cancer support in Cree territory.

“I’m proud of all the walkers and people who supported us and

what we accomplished together,” said Blackned. “But this isn’t the end. We’re already planning a canoe trip to raise awareness over the summer.”

In addition to the physical accomplishment and information shared, there was a healing and connection to be had out there on the land. “It was an emotional journey and I found myself out there,” Blackned told *The Nation*. “When we started, all the walkers were strangers. Now we’re like a big family.”

Nearing the journey’s conclusion, Blackned’s own health started to become a concern. His doctor informed him there’s a chance he may have stomach cancer and a tumour behind his eye. He is currently awaiting test results.

“Right now my eye is bothering me and every now and then I get headaches,” he said, but the journey also helped Blackned’s health. “I wasn’t active before, and doing this journey has given me energy. Seeing the support from all the



"32 WALKERS 1000 KMS 9 CREE COMMUNITIES"

people has given me a real boost. I'm feeling great now."

According to Jill Torrie, the Cree Health Board's Assistant Director of Public Health, Eeyou Istchee has historically had a relatively low rate of cancer cases when compared to the rest of Quebec. However, rates have crept closer to the provincial average in recent years.

"The standard we measure against are cancer rates in the province. Our goal is to be as good or better than the rest of Quebec. And until recently there were very low levels of cancer here. What's happening now is that they're coming up to comparable levels with the rest of the province," Torrie told *The Nation*.

"With most cancers, if you can detect them early, you can make them go away. So early detection means screening. And that involves going in and getting the tests."

And while early detection and treatment is paramount in terms of surviving

cancer, prevention is better than a cure. "Most cancers are preventable," said Torrie. "So a nutritious diet, reducing stress levels, exercise, and living a healthy lifestyle without too many excesses are the most important things you can do."

Ultimately, cancer is an indiscriminate disease for which we all need

to take appropriate precautions. The Canadian Cancer Society recommends regular colorectal and breast cancer screenings for people over 50. "Even if you lead a healthy life, at a certain age you still need to start getting screened," said Torrie. "That's why we have the Clara mobile mammogram bus, that

goes around the Cree communities every two years."

Blackned emphasizes that people shouldn't neglect their appointments. "Get checked, find out the symptoms and once you feel something in your body, go to the clinic, go to the hospital. It's never too early to get checked out," she said.

"It's hard the first time but this experience has proven to me that there will always be people there to support and stand with you. The people who are battling cancer are not alone."

For now, it's time for Blackned to rest and focus on his personal healing journey but in closing he wanted to express his infinite gratitude to the

entire Cree Nation. "I'm so grateful to every volunteer, every band council, the road-runners, cooks, everyone," said Blackned.

"I did this for my cousin George Vincent who passed away from stomach cancer," he added, choking back tears. "I know he was the one who was out there walking with me."

*"I know he
was the one
who was out
there walking
with me"*

- Tony Blackned

Walking for Wellness

The healing power of **wilderness**

The Journey of Wellness is a holistic healing journey done on the land for people dealing with personal issues, such as drug and alcohol addictions, aggression, family violence, and interpersonal problems. The goal of the program is to assist individuals on their personal healing journey through the teaching of survival skills and Cree traditions.

The journey is in its 19th year and operates on a local and regional level. "This year was our youngest group ever," said Jimmy Blacksmith, Administrator for Building Healthy Communities at the Mistissini Band Council.

"It was started by Jimmy Gunner and Kenny Wapachee. This is how people were helped back in the day before the communities were as developed," said Blacksmith. "To this day the teachers instil traditional values in a peaceful environment, in order to help the participants be stronger, more aware of themselves, and heal. And it works."

This year, the participants reported that the time spent in the bush was very peaceful. One of the only criticisms they had was that the walk was too short. "They told me things like the time out there helped them clear their head," Blacksmith told *the Nation*. "Unfortunately we weren't able to get a counsellor to accompany us this year, and some of the participants wanted to have someone out there to talk about their feelings with."



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*To this day the teachers instil traditional
values in a peaceful environment, in order to
help the participants be stronger, more aware
of themselves, and heal. **And it works.***

- Jimmy Blacksmith

The participants were flown three hours north on a bush plane and then walked back, stopping at three traplines, to Mistissini over the course of a month. The first two weeks were dedicated to learning ice fishing, trapping and hunting. Then the participants start walking for about 10 km per day between the traplines. And while the point of the program is to have the participants feel the peacefulness of being out on the land alone, they are never too far from snowmobile trails in case something goes wrong.

For Blacksmith, who is in his first year of administering the program, it was stressful to see the participants leave. "They were dropped off on February 6 and they arrived back in the community on March 6," said Blacksmith. "It was very intense for me while they were gone, so it was a big relief for me when they returned, safe and sound."

Blacksmith was very pleased with the results of his first year of involvement with the program. "Some of this year's group have been really inspired by the experience and during their time out there they came together and helped each other out," he reported. "A few of the participants have even moved directly from the local level onto the regional version of the program."

ED NOTE: The Nation thanks CNG & The Cree Nation of Mistissini for allowing us to use the photos included in this article



Cree Justice organizes conference for frontline workers in Mistissini

by Joshua Grant | Photos by Michael Chettleburgh

Hear, Listen, Understand

The Department of Justice and Correctional Services (DOJCS) hosted the “Hear, Listen, Understand” conference March 28 to 30 as a means for frontline workers throughout the Cree Nation to learn, network and re-boot.

Offering training, practical information, professional collaboration and a final day focused on self-care, the conference brought together social workers, community justice employees, child protectors and educators. They heard from experts in youth intervention who have worked in difficult environments that gave them a unique understanding of the complexities of social work.

Topics of discussion included how to effectively understand and respond to at-risk youth, the need to challenge pre-conceived notions of sexualized violence, cyberbullying and mental health and why communities must work together as a whole to mitigate bullying and help heal troubled youth. Other workshops looked at ways to handle

adolescent substance abuse and addiction and why it’s crucial to address both the behaviour and the environment of young people who exhibit violence and emotionally troubled behaviour.

“The conference was about providing an opportunity for frontline workers to enhance their skills and to get a chance for them to hear from experts in their field,” said DOJCS Director Donald Nicholls. “We canvassed the who’s who of speakers [on frontline work] in Canada and instead of sending people all over the country to hear them speak we figured, ‘Why don’t we bring them here to the Cree Nation?’ We brought in people who could offer good advice, valuable information and innovative approaches for dealing with at-risk youth.

“We wanted to do a conference that would have value and so we thought about the audience that we could have the most impact on,” Nicholls added. “People from the school board, health board, local public health organiza-

tions and the justice department, each of these organizations were working together in one room and able to connect with each other.”

The DOJCS then took things a step further, broadcasting the conference through an online livestream and hosting the video broadcast on their website so nobody would miss out.

“With that livestream we’re able to connect with other people in communities who couldn’t be there and broaden the reach [of the event],” said Nicholls. “We also have an HD recording of the conference so people who missed it can simply go to our website, visit the link and listen to the presentation.”

Notable speakers at the Hear, Listen, Understand conference included Leah Parsons, whose daughter Rehtaeh took her own life after being bullied and harassed when a photo of her sexual assault circulated among her high school peers in Dartmouth, Nova Scotia. Michael Neuts, the founder of the Make Children Better Now



Speakers, from Left to Right: Ashley Iserhoff, Victoria Creighton, Michael Ungar

If you’re not in a good place then you’re not going to be able to help anyone else

- DOJCS Director Donald Nicholls

Association, shared another story of tragic loss. His son Myles was also a victim of bullying and died after being hung from a coat hook by two fellow students at his elementary school in Chatham, Ontario.

The stories are heartbreaking but the message is the same: bullying has to stop and it’s up to everyone to speak out when we see it happening – and make it clear that it’s not okay.

At the end of the conference, organizers provided participants with books written by two presenters. *I Still Love You*, by Michael Ungar gives nine strategies for parents with troubled kids to change their children’s behaviour and build resilience. Shawn Loney’s *An Army of Problem Solvers* speaks specifically to the problems faced by Canada’s First Nations and the road to reconciliation that can be paved by empowering local Indigenous economies.

“We handed out copies to everyone who attended the conference,”

said Nicholls. “We wanted people to be able to walk away with something on top of the presentations. When you’re working with youth there’s always that question, ‘What’s the next step?’ You can stabilize [high-risk kids] but then what’s next?”

Speaker and psychologist Victoria Creighton is the clinical director of the Pine River Institute, a boarding school for adolescents struggling with addiction in Shelbourne, Ontario. She answered Nicholls’ question by saying that the next step is to build a support system.

“We need to offer support structures and continue to foster healing,” she told *the Nation*. “[At risk youth] need caring adults who are attuned to their needs and who offer structure and support for them to continue to grow and mature.”

Creighton said that her experience at the conference was immensely positive and that she was impressed with

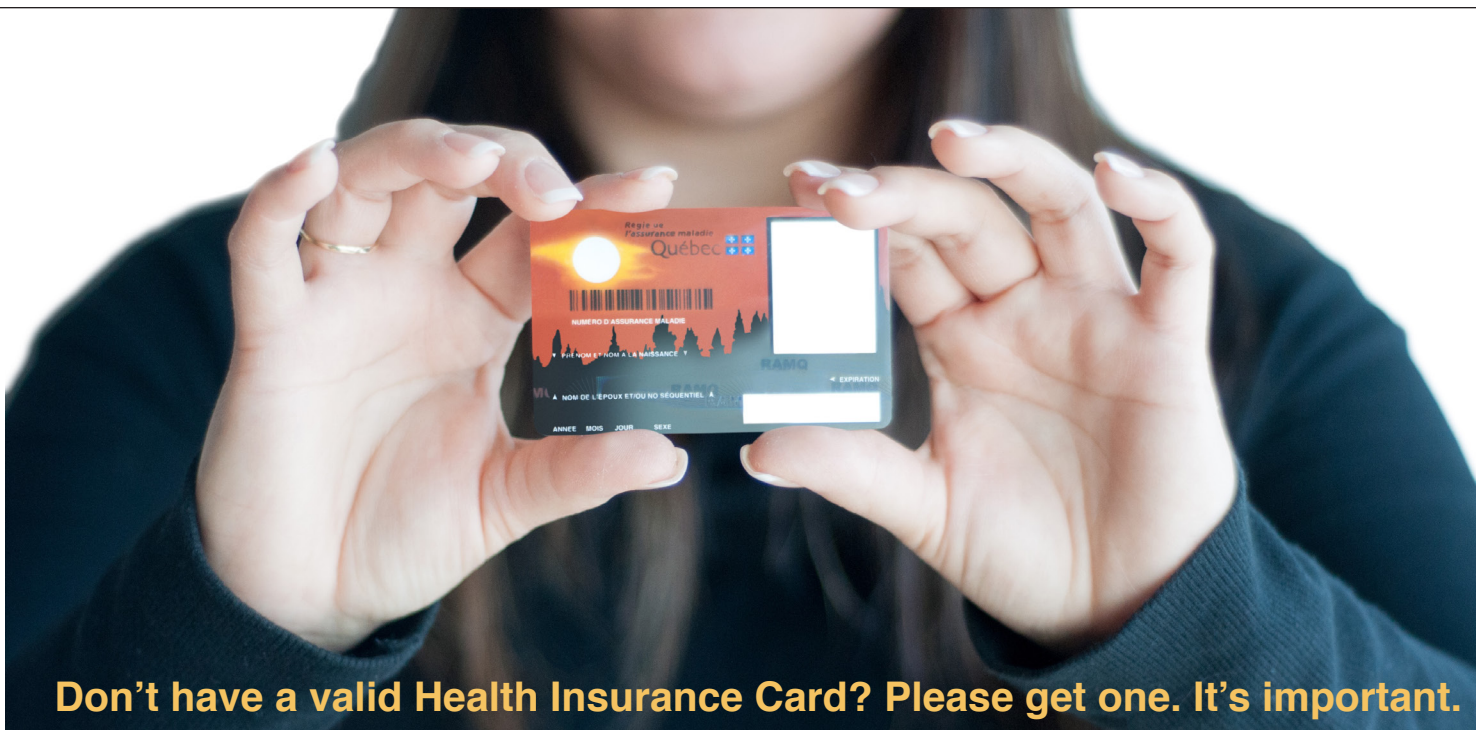
the motivation and attitudes of frontline workers in Eeyou Istchee.

“Everyone was very warm and welcoming,” she said. “I was amazed by the commitment that I sensed from people. And the traditional food was really good.”

While the first two days of the conference covered the themes of bullying and trauma as well as mental health and wellness, day three of the conference was dedicated entirely to self-care.

Nicholls stressed the importance of equipping frontline workers to identify and address their own well-being so they can continue to be an effective source of support for others.

“If you’re not in a good place then you’re not going to be able to help anyone else,” he concluded. “If you’re exhausted or burnt out you need to be able to identify that and know when it’s time to step back, recharge and take time for yourself.”



Not having a valid Health Insurance Card is serious business.

In case of an **Emergency Surgery**: If you don't have a card, or have an expired card, you will have to **pay for the surgery yourself**. You will be reimbursed but only if you get a card within one year.

In case of a **non-Emergency Surgery**: If you don't have a card, or have an expired card, the **surgery will be cancelled until you get a card**.

Please make sure you and all your dependents (children and elders) **get a card before the next medical appointment down south**. Always carry a card with you when you travel down south.

To find out how to get or renew a Health Insurance Card:

Call the Services Quebec office in Chisasibi. **1-800-567-4385 extension 0**. Service is in Cree, English, and French.

Office hours:

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Wednesdays: 10 am to noon, 1 pm to 430 pm.

What happens if I don't have a Health Insurance Card when I go for medical treatment?

If you don't have your Health Insurance Card with you or if your card has expired, you must pay for the services you receive and then apply to the Régie to get the money back. The Cree Health Board will not reimburse your money.

To get reimbursed, ask your doctor for the form *Demande de remboursement à la personne assurée*, and send it to the Régie as soon as possible. No later than one year after the service date.

What happens if my card is out-of-date?

You are required to renew your Health Insurance Card before it expires if you wish to receive covered services free of charge under the Health Insurance Plan. Save yourself a lot of worries and have a valid card with you.

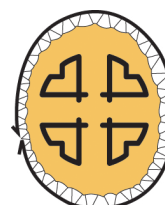
If your card expired more than 6 months ago, you will be charged \$25 to renew it.

I had to pay for my medical treatment. How do I get the money back?

Please send the original detailed invoices, the form *Demande de remboursement à la personne assurée* and proof of payment showing that the fee has been paid. Without these documents, the Régie cannot process your request.

Mail the documents to this address:

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STAMPING OUT RACISM

Val-d'Or's annual **Gabriel Commanda Walk** and racial awareness week

by Jamie Pashagumskum | Photos by Paul Brindamour

It was a beautiful, sunny day in Val-d'Or when a record number of people participated in the 17th annual Gabriel Commanda Walk March 23. The event is part of the city's annual Week for the Elimination of Racial Discrimination

organized by the Val-d'Or Native Friendship Centre.

The International Day for the Elimination of Racial Discrimination is held every year on March 21. It was on that day in 1960s South Africa that police opened fire and killed 69 people in Sharpeville at a

peaceful anti-apartheid demonstration. The United Nations adopted the date in 1966 as a message to the international community to combat racial discrimination.

In Val-d'Or, a city with a troubled history of racial friction and police abuses of Indigenous people, the

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activities are held during the week of March 21 and the central event is the Gabriel Commanda Walk.

This year's occasion saw over a thousand people participate, including people of all ages from schoolchildren to mayors and even MP Romeo Saganash.

According to Edith Cloutier, executive director of the Val-d'Or Native Friendship Centre, the events of the week were a lot of work but they were also their most successful to date.

The Gabriel Commanda Walk started 17 years ago.

Cloutier said the Friendship Centre has always celebrated March 21 as the international day against racism, but then in the year 2000 they decided to do more.

"We needed to invest more energy in the fight against racism for all sorts of reasons, so the Friendship

Centre took a lead in getting the whole week organized. Now we call it the week against racism or the week against racial discrimination," Cloutier said.

The walk was named after Gabriel Commanda, a Native guide from Kitigan Zibi who played a major role

in the history and founding of the City of Val-d'Or. Back in 1923, while working as a guide for prospector Robert C. Clark, Commanda discovered a large gold vein that would eventually become the Lamaque mine and lead to the gold rush in the Abitibi region.



The walk was named after **Gabriel Commanda**, a Native guide from Kitigan Zibi who played a major role in the history and founding of the City of Val-d'Or.

A photograph of a Canada goose in flight over a body of water during sunset or sunrise. The sky is filled with soft orange and yellow light, reflecting on the water's surface. The goose is captured mid-flap, its wings spread wide, showing dark feathers on top and lighter ones underneath. In the background, there are silhouettes of trees and distant hills under the hazy sky.

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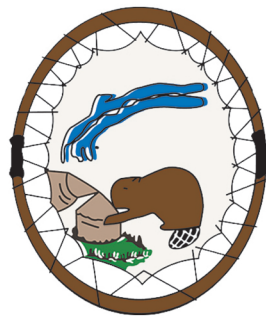
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[illegible]

Val-d'Or will continue to take action to **improve the quality of life** for its Native residents

but said it is also an important step in initiating discussions and implementing action plans.

"We have to recognize that a lot of Native people choose to stay in our different municipalities and live or pass through our urban areas," Corbeil said. "We have to

work together to promote dialogue to improve urban Aboriginal citizens' quality of life."

Among some of the topics discussed were availability of affordable housing, combating discrimination and racism, and a greater awareness among munic-

ipal stakeholders regarding the history and realities of Indigenous peoples.

This was the second meeting of its kind. The first summit was held in October of 2016 in La Tuque. Corbeil said he is pleased that the initiative is being continued. Next year's meeting will

be in Sept-Îles followed by Chibougamau in 2019.

There is a joint committee to assure the implementation of the directives adopted at these meetings. Corbeil said Val-d'Or will continue to take action to improve the quality of life for its Native residents.

The mayor also stressed the importance of improving dialogue between Natives and non-Natives in Val-d'Or and in efforts to improve relations, "not only during sports, education and commercial activities but in all situations."



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health food hits

by Amy German



Some nutritious suggestions
for your **shopping cart**

Mushroom Quinoa Recipe

Photos from: **GoGo Quinoa**



Every year I look forward to attending Expo Manger Santé et Vivre Vert, Montreal's annual health food show. It's not just an invitation to sample what's new and wonderful in the world of health food, but for the past decade it has become part of my personal welcoming of spring. I love to share my discoveries at the event.

The folks at GoGo Quinoa, a personal favourite, were kind enough to gift us with two products from their brand-new product line. While it might sound pretty old school, GoGo is now pushing flakes as the new superfood and they have good reason to do so – versatility. Handing us a box of Quinoa Flakes (which contain significantly more protein than the average carb does) as well as a box of Red Lentil flakes, the idea behind these products is to use them to amp up the protein and complex carbohydrates in your regular meals or “make something sensational”

as recommended by the instructions on the box.

Sampling the Quinoa Flakes, I found that it would make an ideal breakfast porridge or a means of adding protein to a muffin or cookie intended for children. Featuring a line of different whole grains flaked into oatmeal-like flakes, these versatile baking products can literally transform a run-of-the-mill sweet treat into something delicious and wholesome that is good for a growing body. GoGo products are available throughout Quebec in stores

or online. For more info: gogoquinoa.com

Something else I thought was a great idea were Bio-K Plus' newly packaged capsules. Available in different varieties of strengths, these capsules are ideal for someone on the road to maintain good intestinal health. Put in broader terms, if you find that you are straying from your regular diet and your digestive system is wreaking havoc because of it, this is a good product for you. Whether you are suffering from diarrhea, gas or bloating, or recovering from a stomach virus, Bio-K can help.

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CAVAC or crime victims assistance centre, has been created to help victims overcome the physical, psychological and social consequences of a crime, and to advocate on their behalf to help them obtain compensation for the harm suffered. If you are a victim or witness to a crime, then there are three Cree CAVAC offices that have been established to serve you in the Cree Nation.

POST-TRAUMA AND PSYCHOLOGICAL INTERVENTION, to assess the needs of victims of crime

INFORMATION ON THE RIGHTS CRIME VICTIMS HAVE AND THE REMEDIES AVAILABLE TO THEM, which encompasses the main stages of judicial process

TECHNICAL SERVICES, to assist crime victims in filling out required forms

REFERRING VICTIMS TO SPECIALIZED SERVICES, such as appropriate legal, medical, social and community resources capable of assisting victims as they attempt to deal with problems they face

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the Nation April 14, 2017 www.nationnews.ca

Sampling the Quinoa Flakes, I found that it would make an ideal breakfast porridge or a means of adding protein to a muffin or cookie intended for children... These versatile baking products can literally **transform a run-of-the-mill sweet treat** into something delicious and wholesome that is good for a growing body

On the tastier side of things, the people at Prana, who have a label for nuts and nut snack mixes, have launched a new sweet product with nutritional benefits. I took home a package of their No-MylkN Chocolatey Bark, a milk-free product that is composed of 40% fair-trade cacao and has the rich taste and creamy texture of milk.





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Cocovie Naturals



Coconut-milk-based products are becoming more mainstream as they are an excellent alternative for those who are allergic to dairy products or are looking to add a creamy texture to their cuisine without upping the cholesterol.

chocolate. A unique vegan delight, it offers an extra element of surprise with crunchy roasted hazelnuts and crispy brown rice. It was incredibly tasty. While watching late-night TV I found myself at the bottom of a bag wondering where it had all gone. Try this delight at your own risk - you can order online at prana.bio.

Also on the salty-sweet and healthy snack side of things were the Prairie Naturals Superfoods Coconut Seed Snacks. In my goodie bag of samples, this stuff came out as the perfect once-in-a-while treat. It features all-organic coconut seed clusters with coconut, chia seeds, pumpkin and sunflower seeds – with a tiny hit of dark chocolate to make the clusters cluster. While sweets should not be part of everyone's day, a snack like this is perfect once a week. Available in health food stores, you can find out more at prairienaturals.ca.

Coconut-milk-based products are becoming more mainstream as they are an excellent alternative for those who are allergic to dairy products or are looking to add a creamy texture to their cuisine without upping the cholesterol. Once thought a bad thing, the fat in coconut is actually quite heart healthy. So eating things like dried coconut chips, using coconut oil to fry vegetables or meat, or moisturizing your skin with coconut oil are all good ways to use this natural, simple, renewable resource.

Over at the CocoVie Naturals table one could sample salty or sweet coconut chips, virgin coconut oil for cosmetic purposes, and delicious spreads. Definitely a treat to be had once in a while are their new spreads that include pineapple/coconut, guava/coconut and chocolate/coconut varieties. These would be perfect on toast, ice cream, or just on a spoon like peanut butter. If you're into coconut, check out these high-quality and delicious products at cocovienaturals.com



Chocolate Chip Quinoa Cookies

the Nation 39

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- THROW OUT WET AND BADLY DAMAGED OR MUSTY SMELLING ITEMS.
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Googoo gaga

by Sonny Orr

I was gurgling and making strange guttural noises as my eyes rolled about horribly. And as I approached the pouting one, he cracked a smile and emitted a chuckle. Phew, I was finally making progress. My little one-year-old grandson has recently learned how to pout and now didn't want to end his pouting session. It took a lot of facial and nose contortions to get him to break out of his bad mood and take the piece of paper from his mouth. Such a dangerous life when you're that size. Anything could hurt them and it's hard to get about on eggshells constantly searching for that baby bottle. Yes, grandchildren are a blessing indeed.

The next lesson was how do get the thumbs upright. Usually the wrong finger goes up and we laugh, encouraging the little one with more silly antics. But when he wants what he wants, he knows the power of pouting, and it's become harder to negotiate than the NAFTA accord, where anything goes as long as the minority benefits. In my case, it's just between him and me, and the territory is limited to the couch and any spare space not occupied by some toy. Yes, we spoil the grandkids to no end. But hey, when you're at the top of the heap, you have a lot of sway and influence, and no one really complains. It's just the way the world works today.

Back in the day, way before my time, children were treated like little adults and had roles to play in society. Often, children were coddled somewhere on a baby hammock while they had their diapers changed. Sometimes, raising children was difficult, especially when one would stray from the family and leave home, most times without their consent. So being a child was a time to take advantage of, before they got taken away and sent to some distant residential school. Many didn't return for ages and when they did, they had changed. Childhood was literally taken away.

Today, in the safety of my arms, I know that my grandson won't have to experience that hardship of leaving home to live a life that doesn't belong to him and then return a stranger. Now, I can enjoy him from birth to high school, just like people who have the privilege of enjoying their children until they leave the nest fully grown. Now, this is the part I like when people and politicians speak today about living life as it was in the past, but without the external pressure to be someone you can't, like city folk who yearn for the country life as they live in their lakeside cottages.

Today, life is much better than it was. No longer are we being raised in a strange environment, like a residential



school or institutionalized cultural centre that was designed to make us "better" but which, in reality, was designed to break us down into something we are not. We no longer have that threat hanging over our heads, so what's with all the discouraging news about our lives today? Maybe, we just haven't grown up yet as communities. With our population rapidly increasing, maybe we need to grow up as a society. It's time to throw the juju away, folks. It's time to stand up and get some serious work done, because most of our kids and grandkids will soon be walking on their own.

My little grandson will inherit the world we have created for him, so let's make a great future a reality. Instead of crying over the spilt milk of the past, let's wipe the pablum off our chins and move on to solid foods.



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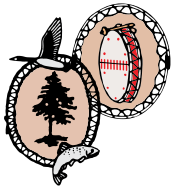
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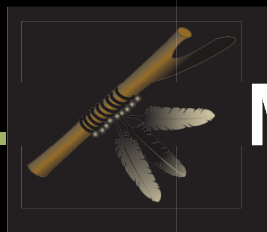
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